

## Service - Creda Electric Cooking

Please carry out the checks detailed on the **Something Wrong** page. If there is a problem with your appliance then contact your Service Centre by using the table below to identify the appropriate phone number.

Please have the following information available when you call :

- (a) Your name.  
(b) Your address and postcode.  
(c) Your telephone number.
- The date and the name of the shop/retailer where the appliance was purchased.

Shop / Retailer : \_\_\_\_\_ Date : \_\_\_\_\_

- The Model number and Serial number of your appliance (See Features page for Rating plate location).

Model Number : \_\_\_\_\_ Serial Number : \_\_\_\_\_

- Clear and concise details of the fault.
- Details of any Extended Warranty or Service Insurance Schemes.

### Your In-Guarantee Service Telephone Number

The arrangements for In-Guarantee Service depend upon which Retail Outlet you purchased your product from.

Shop / Retailer from where your appliance was purchased	Telephone Number for In-Guarantee Service
Hydro Electric / Scottish Hydro	0800 300 000
Northern Electric	0191 210 7070
Scottish Power	01698 783 200
Any Other Shop / Retailer - UK	0541 500 500
Republic of Ireland	1850 302 200

If you have any other queries regarding Service or Parts, our Parts and Service division will be pleased to help. You should write to :

**Creda Service, Customer Service Department, Blythe Bridge, Stoke-On-Trent. ST11 9LN.**

For Parts and Accessories, please telephone our Parts Order Hotline on **0541 530 530 (UK) or 01 842 6836 (Republic of Ireland).**

**Note 1 :** If under guarantee, our Engineers will need to see a copy of your purchase receipt when they call.

**Note 2 :** Our Engineers will use every effort to avoid damage to floor coverings and adjacent units when carrying out repair/service work, but in locations where the Engineer advises you that it will be impossible to move the appliance without risk of damage, he will only proceed with your approval that no liability will be accepted.

# Carefree & Carnival Double Oven

## Cooker Instruction & Recipe Book

Models 49129 & 49134

# Creda

**You must read these instructions prior to using the appliance and retain them for future reference.**



For more information on our exciting product range ring  
**Creda Answer Centre 0541 54 64 74**

OR



Visit us on the **NET** at  
**<http://www.creda.co.uk>**

Our site invites you to make use of our **interactive cookbook** and **product selector**.  
Feel free to **browse our product range** to see what's **bubbling away** at the moment  
or to **ask for help** on our products and services

This appliance conforms to the following EEC Directives:

Low Voltage Equipment  
73/23/EEC  
93/68/EEC

Electromagnetic Compatibility  
89/336/EEC  
92/31/EEC  
93/68/EEC



**Creda**

General Domestic Appliances Ltd. Morley Way Peterborough PE2 9JB  
**Creda Answer Centre 0541 54 64 74**  
Web <http://www.creda.co.uk>

It may be necessary from time to time to change the specification outlined in this booklet without notice. Any change which is made will not affect your statutory rights.

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# Contents

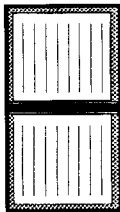
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# Introduction



Your new cooker is guaranteed and will give lasting service. **This guarantee is only applicable if the appliance has been installed in accordance with the installation instructions detailed in this booklet.**



To help make the best use of your Creda cooking equipment please read this booklet carefully.



The cooker is designed specifically for domestic use and responsibility will not be accepted for use in any other installation.

When first using the cooker ensure that the room is well ventilated (e.g. open a window or use an extractor fan) and that persons who may be sensitive to the odour avoid any fumes. It is suggested that any pets be removed from the room until the smell has ceased. This odour is due to temporary finish on oven liners and elements and also any moisture absorbed by the insulation.

## DISPOSAL OF YOUR PRODUCT

To minimise the risk of injury to children please dispose of your product carefully and safely. Remove all doors and lids (where fitted). Remove the mains cable (where fitted) by cutting off flush with the appliance and always ensure that no plug is left in a condition where it could be connected to the electricity supply.

To help the environment, Local Authority instructions should be followed for the disposal of your product.

Problem	Check
Oven temperatures too high or too low.	Check temperature and shelf positions are as recommended in the Oven temperature charts. It may be necessary to increase or decrease the recommended temperature slightly to suit your taste.
Oven does not cook evenly.	Check (a) Temperature and shelf positions are as recommended in the temperature charts. (b) Oven utensils being used, allow sufficient air flow around them.
Hotplates are slow to boil or will not simmer.	Please check that your pans conform with the recommendations detailed in the Hotplates General Information section.
Grilling is uneven.	Check that the grill pan has been correctly positioned.
Grill keeps turning on and off.	When the Grill control is operating at less than its maximum setting, the Grill will cycle on and off, this is normal and <b>not</b> a fault.
Timer bleeper operates continually.	Return the minute minder finger to the  position (where appropriate) and check that the  symbol is shown in the display window. (see timer instructions).
Oven lamp does not work.	The oven lamp is not covered by the guarantee. The part is easily changed (see the section on oven lamp replacement). A new lamp may be obtained from our Spare Parts department by calling: 0541 530530
Condensation on the wall at the rear of the cooker.	Steam and / or condensation may appear from the vent at the rear of the appliance when using an oven particularly for foods with a high water content e.g. frozen chips, roast chicken etc. This is normal, and any excess should be wiped off.
Steam / Condensation in the oven after use.	Steam is a by-product of cooking any food with a high water content. To help minimise always: a) Try to avoid leaving food in the oven to cool after being cooked. b) Use a covered container, wherever possible.

# Something Wrong with your Cooker?

Before contacting your Creda Service Centre/Installer, check the problem guide below.

Problem	Check
Slight odour or small amount of smoke when using the cooker for the first time.	This is normal and should cease after a short period.
Cooker does not work at all.	Check the operation of the clock, if you find no change in the time of day for 5 minutes, then it is likely that there is no electricity to your oven. Check: (i) That the main cooker wall is switched on. (ii) Other appliances, to see if you have a power cut. (iii) The main circuit breaker for the property.
Clock is working but has lost time.	The power supply to your oven has possibly been interrupted, but has now come back on again. Reset the timer to the correct day and "Manual" operation using the instructions given in the timer section of the book.
Marks appearing on hot-plates / can not clean hob / hotplate	The hob surround can be cleaned with warm soapy water and a cream cleaner, such as Jif. The sealed hotplates should be cleaned regularly (Please refer to the Care and Cleaning section for further information.) Please note that replacement hob cleaning kits are available from our spare parts department under part number: 6400001
Main Oven and Top Oven do not work, but the grill works.	Your timer may be set for an Auto Cooking programme: Check the timer to see whether "⌚" is shown in the display window. If it is not then please follow the instructions given in the Timer section of this book to return the timer to Manual operation.
Top Oven and Grill do not work, but Main Oven works	Operating the cooker under the following conditions may cause a safety device to operate: (a) Grilling with the door closed - Always grill with the door fully open. (b) Grilling for an excessively long period at maximum setting - see Grilling guide. Switch off appliance and allow to cool for approx 30 mins. Switch the cooker back on and check that the Grill / Top Oven is now operating.
Grill does not work	You need to select the grilling function. To do this, ensure that the Top Oven / Grill control has been turned fully clockwise to the grill position (ie. until the knob can not be turned any further) so that the grill function is selected and then turn the Top Oven control anti-clockwise, back to the required setting.

# Installation

## WARNING - THIS APPLIANCE MUST BE EARTHED.

Your cooker should have been checked to ensure that the voltage corresponds with your supply voltage, this is stated on the **rating plate**, which is situated on the front of the plinth. The cooker must be connected by a competent person eg. (NICEIC registered contractor) to suitable double-pole control unit with a minimum rating of 30A and a minimum contact clearance of 3mm, which should be fitted adjacent to the cooker, in accordance with IEE regulations.

The power supply cable should conform to B.S.6004 with a conductor size of 6mm<sup>2</sup> minimum.

The control unit should be easily accessible in the event of an emergency, but must be within 2 metres of and not directly above an appliance.

This appliance conforms to EN 55014 regarding suppression of radio and television interference.

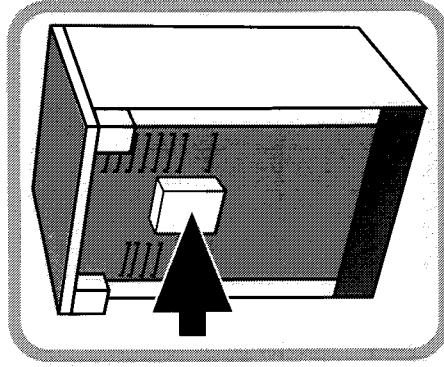
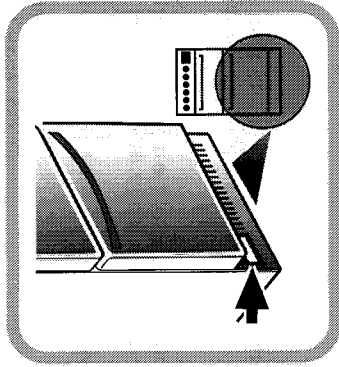
Access to the **mains terminals** is gained by removing the **rear access cover**.

The mains cable must pass through the cable clamp adjacent to the terminal block. Sufficient cable should be used to allow the cooker to be pulled out for servicing.

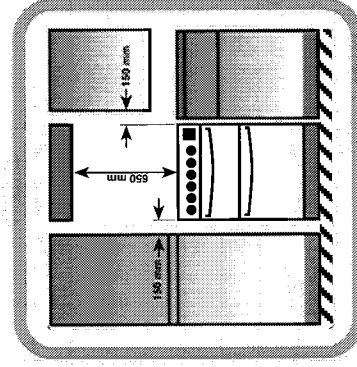
Ensure that the mains cable is routed away from any brackets affixed to the rear panel and is not trapped to the rear wall when pushing the cooker into position between cabinets.

The cooker is designed to fit between kitchen cabinets spaced 500mm apart. The space either side need only be sufficient to allow withdrawal of the cooker for servicing. It can be used with cabinets one side or both as well as in a corner setting. It can also be used free-standing.

This cooker is a class X appliance, as such adjacent side walls which project above hob level, must not be nearer to the cooker than 150mm and should be protected by heat resistant material. Any overhanging surface or cooker hood should not be nearer 650mm.



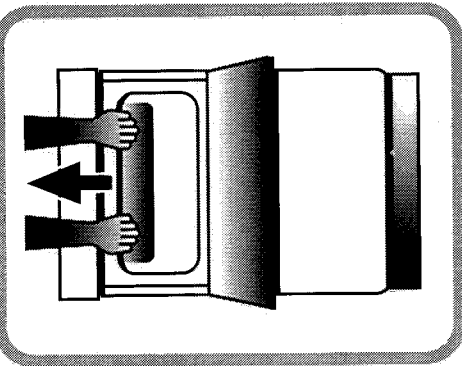
## Siting the Cooker



# Installation

## Moving the Cooker

Before moving your cooker, switch off at the cooker control unit, ensure that it is cool.



Movement of your cooker is most easily achieved by lifting the front as follows:

Open the grill door sufficiently to allow a comfortable grip on the underside front edge of the oven roof, avoiding any grill elements.

**Note:** Take care in moving the cooker as it is heavy. Take care to ensure that any floor covering is not damaged.

## Splash Panel Kit (Wall Mounted)

Splashplate optional, apply to Creda Spares Department.

# Product Specification

	230V AC Only	240V AC Only
Supply Voltage	50Hz	50Hz
Supply Frequency	10.1kW	11.0kW
Total Wattage	2.3kW	2.5kW
Grill Wattage	1.61kW	1.75kW
Top Oven Wattage	2.3kW	2.50kW
Main Oven Wattage	1.84kW	2.0kW
Left Front Hotplate	0.92kW	1.0kW
Left Rear Hotplate	1.38kW	1.5kW
Right Rear Hotplate	1.38kW	1.5kW
Grilling Area	900cm <sup>2</sup>	
Top Oven Capacity	28 litres	
Main Oven Capacity	51.5 litres	
External Dimensions Excluding Handles	H 900mm	W 500mm D 595mm

# Cooking Results Not Satisfactory?

Problem	Check
<b>Grilling</b> Uneven cooking front to back	Ensure that the grill pan is positioned centrally below the grill element.
Fat splattering	Ensure that the grill is not set to too high a temperature.
<b>Oven Baking</b> Uneven rising of cakes	Ensure that the oven shelves are level by using a spirit level on the rod shelf and adjusting, using suitable packing e.g. wood, under the feet of the appliance. This should be checked both left to right and front to back. Ensure that the food is positioned centrally in the oven.
Sinking of cakes	The following may cause cakes to sink: 1. Preheat of fan ovens. 2. Cooking at too high a temperature. 3. Using normal creaming method with soft margarine.
Over/Under cooking Fast/Slow cooking	Refer to the cooking times and temperatures given in the oven temperature charts, however, it may be necessary to increase or decrease temperatures by 10°C to suit personal taste. Do not use utensils greater than 2 1/4 ins in height.
Nothing Works	Is the main cooker wall switch turned on? Timer not working, there may be no electricity supply.
<b>Top Oven Baking</b> Uneven cooking front to back	Ensure the cooking utensil is at least 3ins from the front of the shelf.
Uneven cooking of cakes	1. Too large baking sheet used. (See 'Cookery Notes') 2. Over loading of oven and always ensure even air gaps around baking tins.
Uneven rising of cakes	Ensure that the shelf is level (see above) and that the food is positioned centrally in the oven.
Food is taking too long to cook	Ensure that the cooking utensil used in the top oven is not larger than 12ins x 9ins, e.g. the main oven meat pan. Only cook one item at a time to avoid overloading the oven.
Main and top ovens do not work. Grill works.	Ensure the timer is set to manual.
Top oven and grill do not work. Main oven works.	Operating the cooker under the following conditions may cause a safety cut-out to operate: a) grilling with the top oven door shut; b) grilling for excessive long periods at maximum settings. Switch off the appliance and allow the cooker to cool for approx. 30 minutes. Switch the cooker back on again and check that the grill/top oven is now operating correctly.
Grill does not work.	Ensure the grill/top oven control has been turned to grill position prior to setting its heat level.
Grill keeps turning on and off.	When the grill control is operated at a setting less than H, this is normal regulator operation, <b>not</b> a fault.
Timer buzzing	Turn the small inner knob of the timer (without pushing in) until the minute minder finger points exactly at symbol.

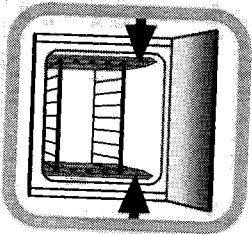
Should you require any advice concerning cooking please contact:-

The Home Economist, General Domestic Appliances., PO Box 5,

Blythe Bridge, Stoke-on-Trent. ST11 9LJ

# Care and Cleaning

## How 'Credaclean' Works



The surface of the 'Credaclean' oven liners are treated on the mottled face with a special vitreous enamel which absorbs cooking soils. At temperatures of 220°C (425°F) or above, the special surface enables these soils to be slowly destroyed. The higher the temperature the more effective it is. In most cases normal cooking operation at this temperature will permit this cleaning operation to proceed during cooking. However if higher cooking temperatures are not used regularly it may be necessary, to prevent heavy soiling, to run the oven without a meat pan at maximum setting for a couple of hours. This may be necessary once a month or once every two or three months depending on the type and amount of oven cooking.

### Oven Liners - sides

It should not normally be necessary to clean the 'Credaclean' panels in water. If desirable remove the rod shelves and the side panels and wash them in warm soapy water, followed by rinsing in clean water.

# For Your Safety

When used properly your Creda appliance is completely safe but as with any electrical product there are certain precautions that must be observed.

**PLEASE READ THE PRECAUTIONS BELOW BEFORE USING YOUR APPLIANCE.**

## Always

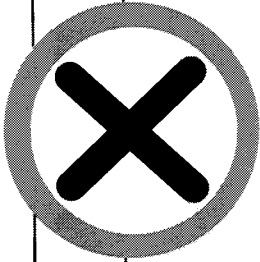
- Always make sure you remove all packing from inside the oven and grill compartments before switching on for the first time.
- Always make sure you understand the controls prior to using the appliance.
- Always keep children away from the appliance when grilling as the surfaces will get extremely hot during and after use.
- Always make sure all controls are turned off when you have finished cooking and when not in use.
- Always stand back when opening an oven door to allow any build up of steam or heat to disperse.
- Always use dry good quality oven gloves when removing items from the oven/grill.
- Always place pans centrally over the hotplate making sure handles are kept away from the edge of the hob and cannot become heated by other hotplate/pans.
- Always take care to avoid heat/steam burns when operating the controls.
- Always turn off the electricity supply at the wall switch before cleaning and allow the appliance to cool.
- Always make sure the shelves are in the correct position before switching on the oven.
- Always keep the oven and grill doors closed when the appliance is not in use.
- Always take care when removing items from the grill when the lower oven is on as the contents will be hot.
- Always keep the appliance clean, as a build up of grease or fat from cooking can cause a fire.
- Always follow the basic principles of food handling and hygiene to prevent the possibility of bacterial growth.
- Always keep ventilation slots clear of obstructions.
- Always refer servicing to a qualified appliance service engineer.

## Safety Advice

In the event of a chip pan fire or any other pan fire.

1. **TURN OFF THE COOKER APPLIANCE AT THE WALL SWITCH.**
2. **COVER THE PAN WITH A FIRE BLANKET OR DAMP CLOTH,** this will smother the flames and extinguish the fire.
3. **LEAVE THE PAN TO COOL FOR AT LEAST 60 MINUTES BEFORE MOVING IT.** Injuries are often caused by picking up a hot pan and rushing outside with it.  
**NEVER USE A FIRE EXTINGUISHER TO PUT OUT A PAN FIRE** as the force of the blast will damage the appliance.

# For Your Safety



## Never

- Never leave children unsupervised where a cooking appliance is installed as all surfaces will be hot during and after its use.
- Never allow anyone to sit or stand on any part of the appliance.
- Never store items above the appliance that children may attempt to reach.
- Never leave anything on the hob surface when unattended and not in use.
- Never remove the oven shelves whilst the oven is hot.
- Never heat up unopened food containers as pressure can build up causing the container to burst.
- Never store chemicals/food stuffs, pressurised container in or on the appliance, or in cabinets immediately above or next to the appliance.
- Never place flammable or plastic items on or near the hob.
- Never fill a deep fat frying pan more than 1/3 full of oil, or use a lid. **DO NOT LEAVE UNATTENDED WHILE COOKING.**
- Never operate the grill with the grill door closed as this will cause the appliance to overheat.
- Never use the appliance as a room heater.
- Never use the grill to warm plates.
- Never dry any items on either the hob or oven doors.
- Never install the appliance next to curtains or other soft furnishings.

# Care and Cleaning

## Grill/Top Oven

Remove the grill pan and the wire grid food support, it is best to wash these items immediately after use to prevent stains from being burnt on when used again. Wipe out the grill/Top oven compartment, use a fine steel wool soap pad to remove stubborn stains from the rod shelf, grill deflector plate and the floor of the compartment.

## Top Oven/Grill Door/Main Oven Door Metal Doors

Wipe over the door outer panel with a cloth wrung out in hot soapy water, then after wiping with a cloth wrung out in clear water, dry with a soft clean cloth. **Do not use scouring pads or abrasive powder which may scratch the surface (49134).**

## Top Oven/Grill Door Glass Doors

Wipe over the grill door decorative outer panel with a cloth wrung out in hot soapy water, then after wiping with a cloth wrung out in clear water, dry with a soft clean cloth. **Ensure that the glass panel is not subjected to any sharp mechanical blows (49129).**

## Main Oven Glass Doors

1. **Inner Glass Door** – open the door fully and unscrew the two screws securing the glass panel, taking care not to allow the glass to fall. The glass panel may now be washed at the sink. Stubborn stains can be removed by using a fine steel wool soap pad. **Ensure the glass panel is not subjected to any sharp mechanical blows.** Take particular care not to damage the inner surface which is coated with a heat reflective layer. After cleaning, rinse and dry with a soft cloth. For slight soiling the inner glass panel may be cleaned, while still warm, without removing it from the door.
2. Remove the rod shelves and meat pan.  
Use a fine steel wool soap pad to remove stubborn stains from the rod shelves, meat pan and the floor of the oven.

**Warning: Oven must not be operated with inner door glass removed (49129).**

**Warning Disconnect the appliance from the electrical supply before replacing the oven lamp (49129).**

## Oven Lamp

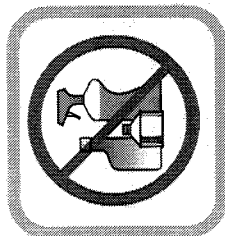
Stubborn stains can be removed by using a fine steel wool soap pad.

## Main Oven

Refer to the instructions below for cleaning the 'Credaclean' panels. Remove the rod shelves and meat pan for washing at the sink. Use a fine steel soap pad for removing stubborn stains from the meat pan, rod shelves and floor of the oven.



# Care and Cleaning



**Cleaning Materials to avoid**

**TURN OFF THE MAIN SWITCH BEFORE CLEANING. BEFORE SWITCHING ON AGAIN, ENSURE THAT ALL CONTROLS ARE IN THE OFF POSITION.**

**NEVER USE BIOLOGICAL WASHING POWDER, HARSH ABRASIVES, SCOURING PADS, AEROSOL CLEANERS OR OVEN CHEMICAL CLEANERS OF ANY KIND.**

1. Plastic or nylon pads e.g. Scotchbrite and Vileda scourers, these may scratch the surface.
2. Household abrasive powders, e.g. Vim.
3. Oven chemical cleaners, aerosols and oven pads. Caustic cleaners such as these will etch the surface and attack the metal frame.
4. Bath and sink cleaners may mark the surface.

**Sealed Hotplates**

The cleaning of sealed hotplates should be done when they are cold, using a soap filled Brillo pad, following the grain of the hotplate. This will ensure that any stubborn, burnt on spillage's are removed. Wipe over with a damp clean cloth, making sure that all the cleaner has been removed. Finally, turn on hotplate to warm for a few minutes, then smear with a little cooking oil to provide a protective coating, or a restorative agent such as Collo-Electrol® Four Hob etc. The bezels will mellow with use to a burnished gold colour, a soap filled Brillo pad will help to keep them bright, care should be taken not to damage the vitreous enamel hob surface.

**Vitreous Enamel Hob Surround**

Clean with a cloth wrung out in soapy water. Stubborn stains can be removed with a cream, paste or liquid cleaner, or by gently rubbing with liberally soaped, very fine steel wool pads. Check that the cleaning agent used is approved by the Vitreous Enamel Development Council.

**Note:**

We do not recommend the use of decorative covers over the hotplates as these can hold condensation and cause corrosion. Accidental operation with a cover in place can cause intense heat. Never place saucepan lids on the hotplates, as this may cause corrosion.

**Control panel**

Wipe with a damp cloth and polish with a dry cloth.

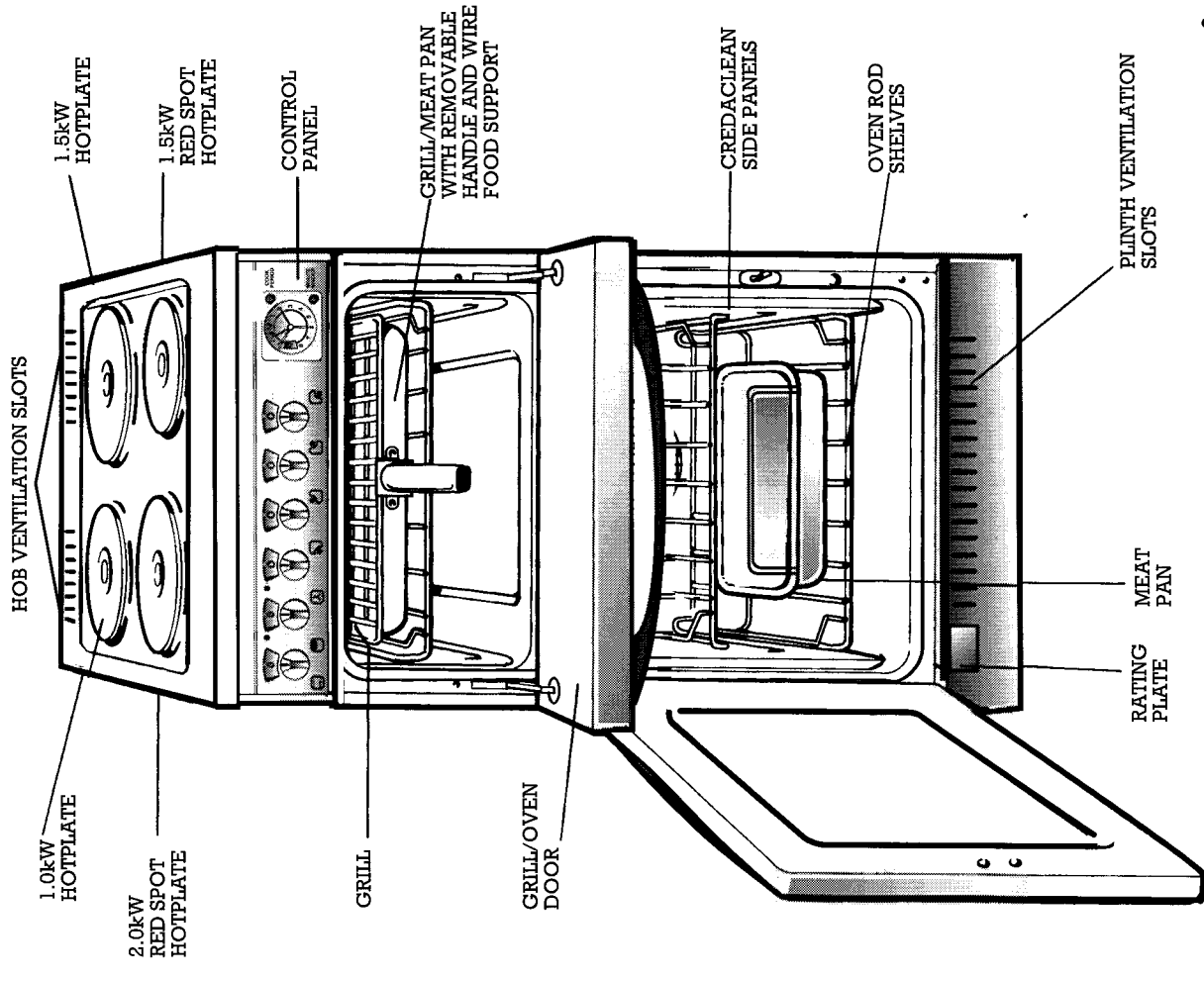
**Decorative Trims**

It is advisable to clean the decorative trims regularly to prevent any build up of soiling. The recommended method of cleaning is to wipe over the trims with a soft cloth wrung out in hot water or mild non-abrasive cleaner. (If in doubt try the cleaner on a small area of trim which is not noticeable in normal use). Then, after wiping with a cloth wrung out in clear water, dry with a soft clean cloth.

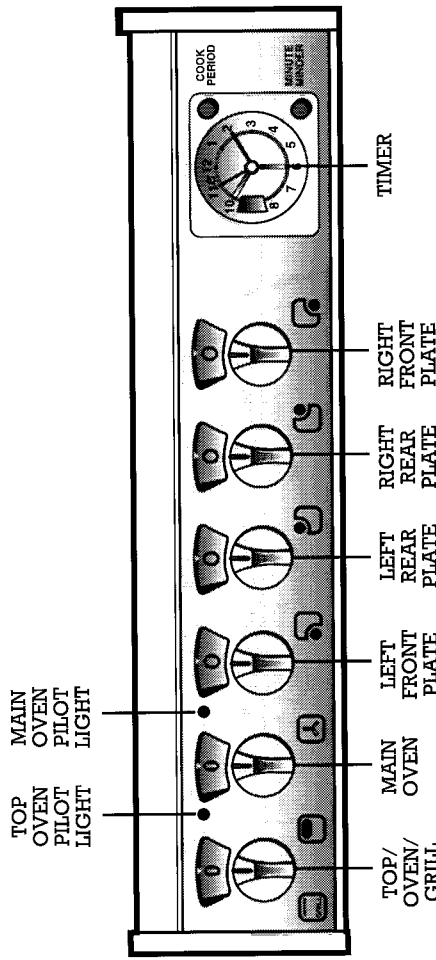
**Take care** during cleaning not to damage or distort the door seals. Do not lift the door seal from the oven chassis, if necessary remove the seal by carefully unhooking the corner clips. **Take care** that the rating label edges are not lifted during cleaning, and furthermore that the lettering is not blurred or removed.

# Features

**Model No. 49129** - White with glass doors - Carnival  
**49134** - White with metal doors - Carefree



# Control Panel



## Control Knobs

The knobs for the hotplates can be rotated in either direction to provide variable heat control, the Main Oven and Top Oven/Grill knob can only be rotated clockwise from the **Off** position.

**Note: Always ensure that all controls are in the OFF position, when the appliance is not in use.**

## SLOW Cooking

The main oven has a SLOW setting specially designed to reduce energy usage. Full details of this can be found in the SLOW recipe section of this booklet.

## Operating the control when the grill is in use

In common with all cookers having controls sited above the grill compartment, care must be taken when setting the controls, due to hot air being emitted from the grill compartment.

## Cooling fan

A gentle flow of air will be blown below the control panel when either the ovens or grill are in use. This is a safety feature that ensures the control panel surface temperatures and control knobs are kept cool.

# 'Slow' Setting Menus

## Hob

2 tablespoons olive oil  
 450g (1lb) leg of lamb, cut into chunks  
 1 onion, peeled and chopped  
 2 garlic cloves, crushed  
 1 teaspoon ground coriander  
 100g (4oz) red lentils  
 1 tablespoon tomato puree  
 250ml (1/2 pint) lamb stock  
 4 tomatoes, skinned and cut into wedges  
 1 tablespoon fresh parsley, chopped  
 Salt and Pepper

## Lamb with Lentils

1. Heat the oil in a large pan, add lamb and fry for 5 minutes. Add the onion, garlic, coriander, cumin, and seasoning, cook for 5 minutes.
2. Add the remaining ingredients and bring to the boil.
3. Reduce heat to a simmer setting, cover pan and cook for 30-40 minutes until most of stock is absorbed.

## Method

## Braised Beef Serves 4

2 tablespoons oil  
 1kg (2lb) lean, boned joint of beef  
 Salt and pepper  
 1 teaspoon mixed herbs  
 1 onion, chopped  
 3 sticks celery, chopped  
 1 leek, sliced  
 3 medium carrots, chopped  
 375ml (3/4 pint) stock (substitute wine for part or all the stock if desired)  
 Bay leaf  
 2 teaspoon tomato puree  
 25g (1oz) butter } Blended to a  
 25g (1oz) plain flour } paste.

1. Heat the oil on maximum setting for 2-3 minutes. Brown the meat well in the oil. Season with salt and pepper. Add the mixed herbs.
2. Add the onion, celery, leek and carrots and cook until golden brown. Add the stock (or wine if used), bay leaf and tomato puree. Stir well.
3. Reduce heat to a simmer setting. Cover with lid and cook for 1-1 1/2 hours until the meat is cooked. Transfer the meat and vegetables to a warm serving dish. Serve with the gravy. If a thicker gravy is required gradually add the butter and flour paste to the stock and cook, stirring, until thickened.

# 'Slow' Setting Menus

## Fruity Chicken Casserole

- 1 chicken joints
- 1 red pepper, de-seeded and sliced
- 2 sticks of celery, chopped
- 1 large onion, peeled and sliced
- 100g (4oz) mushrooms, sliced
- 400g (14oz) can sliced peaches
- 3 tablespoons cornflour
- 1 tablespoon soya sauce
- 3 tablespoons malt vinegar
- Salt and pepper

## Rice Pudding

1. Place the washed rice into a greased dish and dot with butter.
2. Dissolve the sugar in the heated milk and pour over the rice.
3. Sprinkle grated nutmeg over the top.
4. Leave uncovered, place in oven.

## Hob

- 1 garlic clove, finely chopped
- 1 onion, peeled and chopped
- 1 tablespoon vegetable oil
- 1kg (2lb) parsnips, peeled and chopped
- 2 tablespoons paprika
- 2 teaspoon plain flour
- 2 large cooking apples, peeled, cored and chopped
- 750ml (1 1/2 pints) vegetable stock
- 2 tablespoon tomato puree
- pinch dried thyme
- 1 bay leaf

## Parsnip and Apple Goulash

1. Gently fry garlic in oil, add parsnips and paprika, sprinkle over flour and cook gently for 1-2 minutes.
2. Add remaining ingredients and bring to boil. Reduce heat to a simmer setting, cover pan and cook for 50-60 minutes.

# Automatic Cooking

## Automatic Cooking

The Top Oven and Main Oven can be controlled by the automatic timer. When the timer control has been set for one oven it is possible to use the other oven only on the same automatic cooking programme.

The timer will automatically switch the oven on and off at the pre-selected 'Start' and 'Stop' times.

**DO NOT** use the grill when the ovens are set to cook automatically.

**Hints on Automatic Cooking** 1. Select foods which will take the same time to cook and require approximately the same temperature.

2. Set the oven timer so that the food has just finished or about to finish cooking on your return to the oven. This will ensure the food has not cooled down and does not require reheating before serving.

3. Food should be as cold as possible when it goes into the oven ideally straight from the refrigerator. Frozen meat and poultry should be thawed thoroughly before it is put in the oven.

4. We advise that warm food should never be placed in the oven if there is to be a delay period. Stews prepared by frying the meat and vegetables should be cooked as soon as possible.

5. We advise dishes containing left-over cooked poultry or meat, for example Shepherds Pie, should not be cooked automatically if there is to be a delay period.

6. Stews and joints should be cooked by the long slow method, so that the delay period is kept to a minimum.

7. On warm days, to prevent harmful bacterial growth in certain foods (ie poultry, joints, etc) the delayed start should be kept to a minimum.

8. Wine or beer may ferment and cream may curdle during the delay period, so it is best to add these ingredients just before serving.

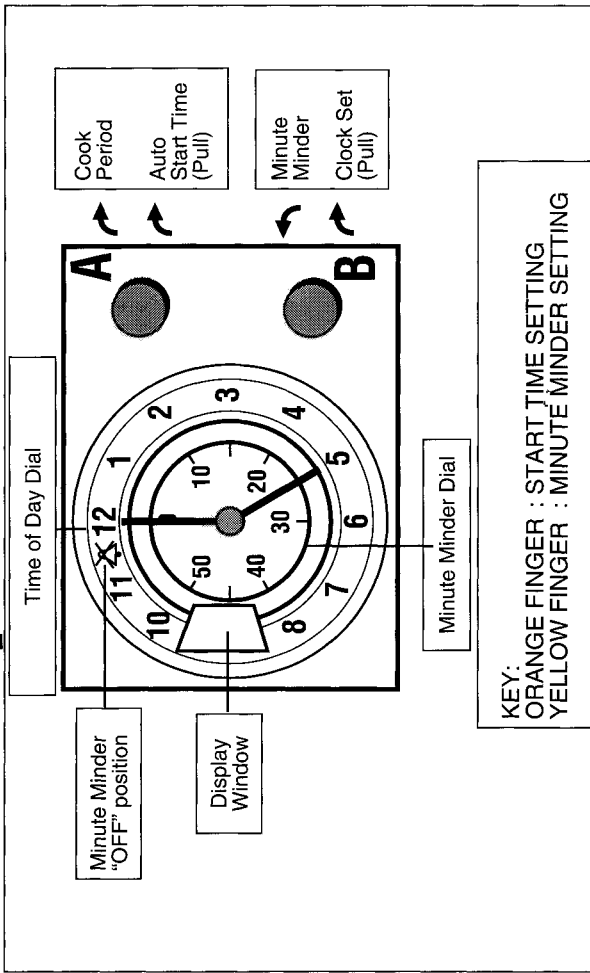
9. Foods which discolour should be protected by coating in fat or tossing in water to which lemon juice has been added, prior to placing food in the oven.

10. Dishes containing liquid should not be filled too full to prevent boiling over.

11. Foods should be well sealed (but not airtight) in a container to prevent the loss of liquid during cooking. Aluminium foil gives a good seal.

12. Ensure food is cooked thoroughly before serving.

# Oven Timer Operation



## TIMER FUNCTIONS

- Time of Day**  
Main Clockface  
Ensure correct time of day is always set.
- Minute Minder**  
Yellow Finger / Small Dial  
Here you can set a time period of up to 55 minutes, that will count down. When it reaches zero, the timer will emit an audible tone.  
**For Example:** If you set 20 minutes, the audible tone will occur 20 minutes later.

## AUTO COOKING PROGRAMME

- Start Time**  
Orange Finger  
The time of day at which you want an "Auto Cooking" programme to start.
- Cook Period (Up to 180 minutes)**  
The Cook period in minutes will be shown in the display window.  
Cook Period is the actual length of time for which, the timer will switch the oven(s) on as part of an "Auto Cooking" programme. (e.g. if you set 180 minutes, the food will be cooked for 180 minutes).
- For Example:** If you set a "Start Time" of 11.00am, and a "Cook Period" for 180 minutes. The timer will switch the oven(s) on at 11.00am and turn the oven(s) off at 2.00pm. You will hear an audible tone at 2.00pm to indicate that the Auto Cooking programme has finished.
- Notes:** When setting an Auto Cooking programme you will need to set the oven control(s) to the required temperature(s) when you set the timer, and if necessary select the appropriate oven function.  
If an Auto Cooking programme has been set the oven(s) will **only** operate during the programmed time.

# 'Slow' Setting Menus

## Menu 5 continued

- 225g (8 oz) slightly stale bread
- 250ml (1/2 pint) milk
- 2 eggs
- 1 tablespoon brandy, optional
- 175g (6 oz) mixed dried fruit
- 40g (1 1/2 oz) demerara sugar
- 50g (2 oz) melted butter
- 1 teaspoon mixed spice
- Finely grated rind of 1 lemon
- Grated nutmeg
- Caster sugar

## Spiced Bread Pudding

- Grease shallow ovenproof dish. Line base with greased greaseproof paper.
- Cut bread into very small pieces.
- Bring milk to boil and pour over bread. Add pinch of salt, allow to stand for about 20 mins or until pulped.
- Lightly beat eggs and stir into bread mixture with brandy, dried fruit, sugar, butter, mixed spice and lemon rind. Mix well together.
- Turn mixture into prepared dish. Sprinkle with little nutmeg and caster sugar.
- Place in oven.

## Ratatouille

- Slice aubergines and sprinkle with salt, leave for 30 mins, pat dry.
- Cook onions gently with garlic, in oil until soft.
- Add remaining ingredients, and heat thoroughly.
- Place in casserole dish.
- Cover tightly with foil and lid.
- Place in oven.

- 375g (12 oz) aubergines
- Salt
- 225g (8 oz) onions, peeled and sliced
- 1-2 cloves of garlic, crushed
- 2 tablespoons vegetable oil
- 375g (12 oz) tomatoes, skinned and roughly chopped
- 375g (12 oz) courgettes, sliced
- 375g (12oz) red peppers, de-seeded and sliced
- Bunch of fresh herbs
- Salt and pepper
- Chopped parsley

## Menu 6

### Tomato Soup Fruity Chicken Casserole Rice Pudding

- 1 medium sized onion, peeled and chopped
- 15ml (1 tbsp) vegetable oil
- 675g (1 1/2 lb) tomatoes, roughly chopped
- 500ml (1 pint) vegetable stock
- Salt and pepper
- 5ml (1 level tsp) caster sugar

## Method

Cook on 'Slow' setting for 7 hrs.

## Tomato Soup

- Fry onion gently in oil until soft.
- Add tomatoes, stock, seasoning and bring to boil.
- Place in casserole dish cover with foil and lid and place in oven.
- Before serving, sieve soup.
- Reheat, adjust seasoning if necessary and stir in sugar.
- For cream of tomato soup stir in 50 ml (2floz) cream and reheat soup very gently without boiling. Garnish with a swirl of cream.

# 'Slow' Setting Menus

## Jacket Potatoes

- 4 Large potatoes
1. Scrub the potatoes, prick well.
2. Wrap each potato in a piece of cooking foil.

## Pear Pudding

- |  |          |
|--|----------|
| 50g (2 oz) butter                      | } Melted |
| 50g (2 oz) dark brown sugar            |          |
| 100g (4 oz) margarine                  | together |
| 100g (4 oz) caster sugar               |          |
| 2 size 4 eggs                          |          |
| 100g (4 oz) self raising flour, sieved |          |
| 1/4 teaspoon almond essence            |          |
| 3 pears, peeled, cored and cut into 4  |          |
1. Coat base of soufflé dish with melted butter and sugar.
  2. Cream together margarine and sugar until light and fluffy.
  3. Beat in each egg, fold in flour, and stir in almond essence.
  4. Place prepared pear slices in base of dish then cover with cake mixture.
  5. Cover dish tightly with foil.
  6. Place in oven.

## Menu 5

### Rich Onion Soup Honey Roast Ham Ratatouille Bread Pudding

- 450g (1 lb) onions, peeled and thinly sliced
- 25g (1 oz) butter
- 1 tablespoon vegetable oil
- 1 teaspoon salt
- 1 1/2 teaspoon brown sugar
- 40g (1 1/2 oz) plain flour
- 750ml (1 1/2 pint) brown stock
- 125ml (1/4 pint) stout or brown ale

## Method

Cook on 'Slow'; setting for 7 hrs

## Rich Onion Soup

1. Gently cook onions in butter and oil in large saucepan for 5 minutes.
2. Add salt and sugar and cook for 2 minutes.
3. Remove from heat and stir in flour, stock and beer.
4. Bring to boil. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

## Honey Roast Ham

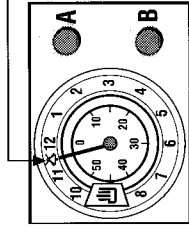
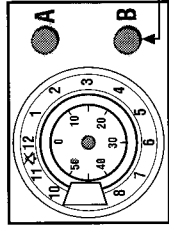
1. Soak gammon in cold water overnight. Drain and dry.
2. Coat with sauce, wrap in foil.
3. Place in tin.
4. Cook on 180°C for 30 minutes. Add rest of meal to oven and set to 'Slow' setting for 7 hrs.

- 2kg (4 1/2 lb) joint middle cut gammon
- Sauce:
- 2 tablespoons honey
- 2 tablespoons sherry
- 1 tablespoons demerara sugar

# Oven Timer Operation

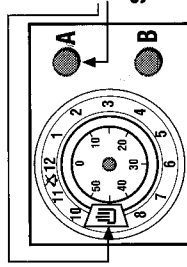
## TO SET & RE-SET THE TIME OF DAY

- Step 1** Make sure all oven controls are turned Off.
  - Step 2** Check the electricity supply to the cooker is switched on.
  - Step 3** Pull knob (B) and turn **clockwise** until the correct time of day is shown.
  - Step 4** Ensure that the yellow minute minder finger remains at the **X** position. If it is not, return the yellow finger to the **X** position on the clock face by turning (without pulling) knob (B) **anti-clockwise**.
- Note:** For normal "Manual" operation of the oven(s) the timer should always be set at **⏸** the position in the display window (as shown). See Below.



## TO SET THE TIMER FOR MANUAL OVEN OPERATION

- Note:** Unless you set the timer for an Auto Cooking Programme, for normal "Manual" operation of the oven(s) the timer should always be set to the **⏸** position. If the **⏸** symbol does not appear in the display window :-
- Step 1** Turn the upper knob (A) **clockwise** (without pulling) until the **⏸** symbol does appear in the display window.

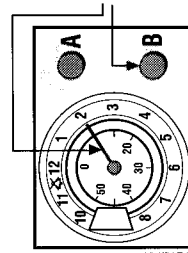


## USING THE MINUTE MINDER - (YELLOW FINGER)

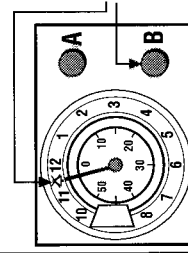
Here you can set a "Minute Minder" function of up to 55 minutes. At the end of the set time, a bell will ring for approximately 4 minutes.

**Note:** The figures on the inner dial are for setting the Minute Minder.

- Step 1** To set "Minute Minder" finger to the required time, turn (without pulling) lower knob (B) **anti-clockwise**, until the yellow finger is at the time required.



Example: 10 minutes (as shown).



At the end of the Minute Minder period a bell will sound.

- Step 2** To cancel the bell turn (without pulling) lower knob (B) **anti-clockwise** until yellow minute minder finger is returned to the position on the clockface (as shown).

# Oven Timer Operation

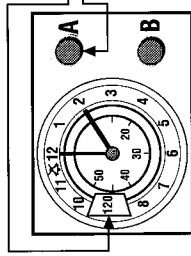
## AUTO COOKING PROGRAMMES

There are two Auto Cooking programmes that can be selected using your timer:-

- (a) To set the Timer to switch the oven(s) ON immediately and OFF at a preset time - Up to 180 minutes.
- (b) To set the Timer to switch the oven(s) ON and OFF Automatically.

### a) TO SET THE TIMER TO SWITCH THE OVEN(S) ON IMMEDIATELY AND OFF AT A PRE-SET TIME - UP TO 180 MINUTES.

- Step 1 Check that the correct time of day is set, if not follow instructions for setting the time of day.
- Step 2 Place food onto the correct shelf position in the oven and close the oven doors.



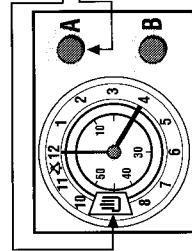
- Step 3 Turn the upper knob (A) clockwise (without pulling), until the required cook period in minutes is indicated in the display window.  
e.g. 120 minutes (as shown).

**Note: Cook period is the length of time that you wish the food to cook (Up to 180 minutes).**

- Step 4 Turn the oven control(s) to the required temperature, and if necessary select the appropriate oven function.

**At the end of the Cook Period, the oven(s) will switch off and a Bell will ring for approximately 4 minutes.**

- Step 5 Return the oven control to the OFF position.



- Step 6 To cancel the Bell and return the timer to "Manual Operation", turn (without pulling), upper knob (A) clockwise, until the  symbol is shown in the display window.

# 'Slow' Setting Menus

## Menu 3 continued

- 10 oz (275 g) long grain rice
- 3 tablespoons (45 ml) oil
- 1 1/4pt (625 ml) water

## Long Grain Rice

- 1. Wash the rice.
- 2. Fry the rice in oil until lightly browned.
- 3. boil the water , add salt and place with rice in casserole dish.
- 4. cover dish tightly with foil and lid.
- 5. place in oven.

## Fruit Crumble

- 675g (1 1/2 lb) Fruit, prepared
  - 75g (3 oz) Caster sugar
  - 175g (6 oz) Plain flour
  - 75g (3 oz) Butter
  - 75g (3 oz) demerara sugar
- 1. Place prepared fruit and sugar in dish.
  - 2. Rub butter into flour until it resembles fine breadcrumb crumbs.
  - 3. Stir in demerara sugar and mix well.
  - 4. Sprinkle over fruit.
  - 5. Place in oven.

## Menu 4

- Salmon Pate
- Roast Lamb
- Jacket Potatoes
- Pear Pudding

Cook on 'Slow' setting for 7 hrs.

## Salmon Pate

- 450g (1 lb) cooked, or canned salmon, pink or red
- 4 x 2.5 cm (1") thick slices of white bread from large loaf
- 250ml (1/2 pint) milk
- 25g (1 oz) butter, softened
- 1 egg yolk
- 2 tablespoons chopped parsley
- Juice of 1/2 lemon
- Salt and Pepper

- 1. If using canned salmon, drain. Flake salmon into bowl.
- 2. Break bread into small pieces and soak in milk for 5-10 mins, or until soft. Stir into fish
- 3. Add softened butter, egg yolk, parsley, lemon juice and seasoning. Beat together till thoroughly mixed.
- 4. Turn mixture into 500ml (1 pint) greased ovenware dish and cover with foil.
- 5. Place dish in larger dish containing 2.5 cm (1") of hot water.
- 6. Cover completely with foil. Place in oven, carefully.

## Roast Lamb

- 1.25 kg (2 1/2 lb) Leg of Lamb
  - 1 teaspoon rosemary
  - 1 tablespoon parsley, chopped
  - Salt and pepper
  - Bay leaf
- } Mixed together
- 1. Wipe meat. Place in piece of foil.
  - 2. Season well with mixture and wrap tightly in foil.
  - 3. Place on rack in dish.
  - 4. Cook in oven at 170°C for 30 minutes before setting to 'Slow'.

# 'Slow' Setting Menus

## Braised Topside au Poivre

- 450g (1 lb) Topside of beef, cut into 4 slices  
 1 tablespoon black peppercorns, crushed  
 Salt  
 25g (1 oz) butter  
 2 tablespoons vegetable oil  
 4 small courgettes, thickly sliced  
 4 tomatoes, sliced  
 125ml (1/4 pint) red wine
1. Sprinkle beef with peppercorns and salt.
  2. Heat butter and oil in frying pan, cook half the courgettes and tomatoes, place in bottom of casserole dish.
  3. Fry meat on both sides and place on top of vegetables, then cook remaining vegetables and place on top of meat in casserole dish.
  4. Add red wine to pan and bring to the boil. Pour into casserole dish.
  5. Cover dish with foil and fit lid tightly.
  6. Place in oven.

## Rhubarb and Raspberry Crunch Layer

- 100g (4 oz) butter, melted  
 100g (4 oz) rolled oats  
 100g (4 oz) digestive or ginger biscuits coarsely crushed  
 50g (2 oz) mixed chopped nuts  
 175g (6 oz) demerara sugar, divided in half  
 Good pinch of cinnamon  
 450g (1 lb) rhubarb, cut into 2.5cm (1") lengths  
 225g (8 oz) frozen raspberries
1. Mix together butter, oats, crushed biscuits, nuts, half sugar and cinnamon.
  2. In another bowl mix remaining sugar and fruits together.
  3. Place half fruit in bottom of a 1.1 litre (2 pint) greased ovenproof dish. Sprinkle with half biscuit mixture.
  4. Repeat layers.
  5. Place in oven.

## Menu 3

### Chilli Con Carne

#### Rice

#### Fruit Crumble

- 675g (1 1/2lb) minced beef  
 15ml (1 tbsp) vegetable oil  
 1 large onion, skinned and chopped  
 1/2 green pepper, seeded and chopped  
 2 x 425g (15 oz) can tomatoes, chopped  
 Salt and Pepper  
 1 tablespoon chilli powder  
 1 teaspoon brown sugar  
 2 tablespoons tomato puree  
 425g (15 oz) can red kidney beans, blended together

## Method

Cook on 'Slow' setting for 7 hrs.

## Chilli Con Carne

1. Fry minced beef in oil until lightly browned, add onion and pepper and fry for 5 mins, until soft.
2. Blend together chilli powder, brown sugar and tomato puree.
3. Stir in tomatoes, chilli paste and seasoning. Bring to boil.
4. Place in casserole dish.
5. Cover tightly with foil and lid.
6. Place in oven.

# Oven Timer Operation

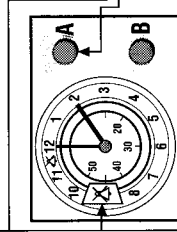
## b) TO SET THE TIMER TO SWITCH THE OVEN(S) ON AND OFF AUTOMATICALLY

**Step 1** Check that the correct time of day is set, if not follow instructions for setting the time of day.

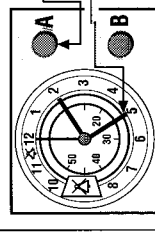
**Step 2** Place food onto the correct shelf position in the oven and close the oven door(s).

**Step 3** Turn the upper knob (A) (without pulling), clockwise, until the **X** symbol appears in the display window.

This allows the auto function to be set.

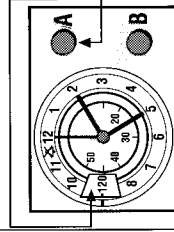


**Step 4** Set the orange finger to the "Start" time by pulling the upper knob (A) and turning it clockwise.  
 e.g. 5 o'clock (as shown).



**Note: The "Start Time" is the time of day you want the Auto Cooking programme to start.**

**Step 4** Set the "Cook Period" by turning (without pulling) the upper knob (A) clockwise, until the required cook period in minutes is indicated in the display window.



e.g. 120 minutes (as shown).

**Note: The "Cook Period" is the length of time that you wish the food to cook, and it can be set for upto 180 minutes.**

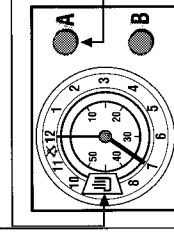
**Step 5** Turn the oven control(s) to the required temperature, and if necessary select the appropriate oven function.

**Note: If an "Auto Cooking Programme" has been set the oven(s) will ONLY operate during the pre-programmed times.**

**At the end of the Auto Cook Period the oven(s) will switch off and a bell will ring for approximately 4 minutes.**

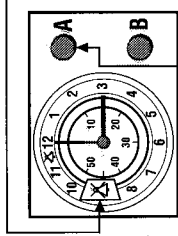
**Step 6** Return the oven controls to the OFF position.

**Step 7** To cancel the Bell and return the timer to "Manual Operation", turn (without pulling), upper knob (A) clockwise, until the **llj** symbol is shown in the display window.



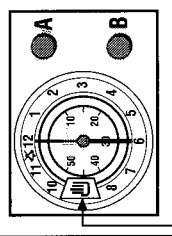
# Oven Timer Operation

## TO CANCEL AN AUTO COOKING PROGRAMME BEFORE COOK PERIOD HAS STARTED



- Step 1** Turn the oven control(s) to their OFF position.
- Step 2** Turn (without pulling) the upper knob (A) **clockwise** until the **X** symbol appears in the display window.
- Step 3** Pull and turn the upper knob (A) **clockwise** until the **orange** finger reads the same time as the hour hand on the clock.
- Step 4** Turn the upper knob (A) **clockwise** (without pulling) until the **🕒** symbol appears in the display window.

## TO CANCEL AN AUTO COOKING PROGRAMME ONCE THE AUTO COOK PROGRAMME HAS STARTED BUT BEFORE IT HAS FINISHED.



- Step 1** Turn the oven control(s) to their OFF position.
- Step 2** Turn the upper knob (A) **clockwise** (without pulling) until the **🕒** symbol appears in the display window.

# 'Slow' Setting Menus

## Menu 1 continued

### Braised Red Cabbage

- 225g (8 oz) onion, peeled and chopped  
 2 tablespoons vegetable oil  
 450g (1 lb) red cabbage, finely shred  
 225g (8 oz) cooking apple, peeled, cored and diced  
 225g (8 oz) pear, peeled, cored and diced  
 3 tablespoons brown sugar  
 1/2 teaspoon nutmeg  
 Salt and Pepper  
 3 tablespoons cider vinegar  
 Juice of 1 orange
1. Place onion and oil in pan and cook for 3 minutes.
  2. Add cabbage, apple and pear and cook for 3-4 minutes. Place in casserole dish.
  3. Add remaining ingredients to pan and heat to boiling. Pour over vegetables.
  4. Cover dish tightly with foil and lid.
  5. Place in oven.

### Summer Pudding

- 8-10 slices of bread, crusts removed  
 50g (2 oz) butter melted  
 50g (2 oz) demerara sugar  
 375g (12 oz) prepared fruit, eg. strawberries, raspberries etc.  
 50g (2 oz) caster sugar  
 2 tablespoons water
1. Grease a basin or souffle dish with butter and sprinkle with sugar.
  2. Line with buttered and sugared bread, placing the buttered side towards the out side of the basin.
  3. Pack firmly with fruit and add sugar and water.
  4. Cover with buttered, sugared bread.
  5. Cover dish with foil.
  6. Place in oven.

## Menu 2

### Spring Vegetable Soup Braised Topside au Poivre Rhubarb and Raspberry Crunch Layer

- 3 medium sized carrots, peeled and sliced  
 2 medium sized onions, peeled and diced  
 2 sticks celery, cut into 1" pieces  
 15g (1/2 oz) butter  
 58g (2 1/4 oz) can tomato puree  
 2 vegetable stock cubes  
 Salt and Pepper  
 50g (2 oz) sliced green beans  
 100g (4 oz) shredded white cabbage  
 1 teaspoon cornflour, blended with a little cold water

### Spring Vegetable Soup

1. Melt butter in pan, add carrots, onions and celery and fry gently for 3-4 minutes.
2. Stir in tomato puree, crumbled stock cubes, 1 litre (1 3/4 pints) water and seasoning.
3. Bring to the boil, transfer to large casserole dish.
4. Add remaining ingredients to dish, cover tightly with foil and lid.
5. Place in oven.

## Method

Cook on 'Slow' setting for 7 hrs.



# 'Slow' Setting Menus

## Menu 1

**Leek and Potato Soup**  
**Stuffed Peppers**  
**Braised Red Cabbage**  
**Summer Pudding**

450g (1 lb) Leeks, trimmed, washed and cut into rings  
 450g (1 lb) Potatoes, peeled, washed and thinly sliced  
 2 tablespoons vegetable oil  
 500ml (1 pint) hot vegetable stock  
 Salt and Pepper  
 250ml (1/2 pint) single cream  
 250ml (1/2 pint) milk

### Leek and Potato Soup

1. Prepare leeks and potatoes.
2. Fry leeks in oil until soft. Add potato slices and cook for 3 minutes.
3. Add stock and seasoning, bring to boil.
4. Transfer to large casserole dish, cover with foil and fit lid tightly. Place in oven.
5. At end of cooking, puree until thick and smooth.
6. Stir in cream and milk and re-heat gently, do not boil.

### Stuffed Peppers

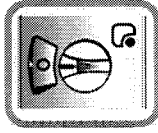
1. Cut tops of peppers, deseed and carefully remove stalks from tops.
2. Blanch in boiling water for 2 minutes, drain.
3. Heat oil in pan, cook onion until soft.
4. Add mushrooms, courgette and tomatoes, cook for 3-4 minutes.
5. Add rice and seasoning, cook for 2 minutes.
6. Place blanched peppers in casserole dish, divide vegetable mixture equally into the peppers. Put lids on peppers.
7. Cover dish tightly with foil and the lid.
8. Place in oven.

## Note:

Under no circumstances should the hob be used with aluminium foil in contact with the hob surface.

## Use of Hotplates

The controls set the hotplates at six pre-set power levels. Each control can be used to select one of six temperature settings from a minimum at position 1 to a maximum at position 6. The Red Spot hotplates heat up more rapidly to give faster boiling.



## Control Settings Guide

This table is provided only as a guide – settings also depend on the type of pan used and the quality of food.

Knob Position	Type of food
1	To melt butter, chocolate, etc.
1 or 2	To heat food gently. To keep small amounts of water simmering. To heat sauces, containing egg yolks and butter, To simmer: stews, meat, fish, vegetables, fruit.
3	To heat solid and liquid foods. Keep water boiling. Thaw frozen vegetables. Make 2-3 egg omelettes.
4 or 5	To cook foods, just above simmering. To maintain 'rolling' boil for preserve making.
5 or 6	To seal meat and fry fish.
6	Frying potatoes. Bringing water to the boil. Deep fat frying. Dissolve sugar for preserve making.

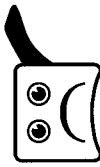
## Safety requirements for deep fat frying

1. Use a deep pan, large enough to completely cover the appropriate heating area.
2. Never fill the pan more than one-third full of oil.
3. Never leave oil or fat unattended during the heating or cooking period.
4. Never try to fry too much food at a time, especially frozen food. This only lowers the temperature of the oil or fat too much, resulting in greasy food.
5. Always dry food thoroughly before frying, and lower it slowly into the hot oil or fat. Frozen foods, in particular, will cause frothing and spitting, if added to quickly.
6. Never heat fat, or fry, with a lid on the pan.
7. Keep the outside of the pan clean and free from streaks of oil or fat.

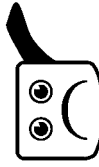
# Hotplates General Information Notes

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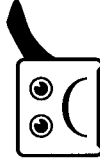
PANS SHOULD BE:



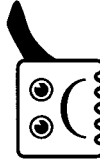
Not concave (bowed in)



Not convex (bowed out)



Not rimmed



Not deeply ridged



But essentially Flat

Always ✓	Never ✗
<ul style="list-style-type: none"> <li>● Use good quality flat-based cookware on all electric heat sources.</li> <li>● Always ensure pans have clean, dry bases before use.</li> <li>● Ensure pans match size of heating area.</li> <li>● Remember good quality pans retain heat well, so generally only a low or medium heat is necessary.</li> <li>● Ensure pan handles are positioned safely and away from heat sources.</li> <li>● Always lift pans, do not drag.</li> <li>● Always use pan lids except when frying.</li> <li>● Deal with spillage's immediately but with care.</li> </ul>	<ul style="list-style-type: none"> <li>● Use gauze, metal pan diffusers, asbestos mats and stands e.g. Wok stands – they can cause overheating.</li> <li>● Use utensils with skirts or rims e.g. buckets and some kettles.</li> <li>● Use badly dented or distorted pans.</li> <li>● Leave an element switched on when not cooking.</li> <li>● Cook food directly on a heat source.</li> <li>● Drag or slide utensils.</li> <li>● Place large preserving pans or fish kettles across two hotplates.</li> </ul>

# Using The 'Slow' Setting

Use only in main oven.

## Points to bear in mind when preparing food:-

1. Make sure all dishes will fit into the oven before preparing the food.
2. All dishes cooked by the 'Slow' setting should be cooked for a minimum of 6 hours. They will 'hold' at this setting for a further hour but marked deterioration in appearance will be noticed in some cases.
3. Joints of meat and poultry should be cooked at fan oven 170°C for 30 mins before turning to the Slow setting.
4. Meat over 2.7 Kg. (6 lbs) and poultry over 2 Kg. (4 lbs 8oz) are unsuitable for the Slow setting.
5. Always stand covered joints on a rack over the meat tin, to allow good air circulation.
6. Pork joints can only be cooked, if by testing with a meat thermometer and internal temperature of at least 88°C is reached.
7. This method is unsuitable for stuffed meat and poultry.
8. Always bring soups, casseroles and liquids to the boil before putting in the oven.
9. When casseroles are used, cover the food first with foil and then the lid to prevent loss of moisture.
10. Always thaw frozen food completely before cooking.
11. Root vegetables will cook better if cut into small even sized pieces.
12. Always adjust the seasoning and thickenings at the end of the cooking time.
13. Egg and fish dishes need only 1-5 hours cooking and should be observed from time to time.
14. Dried red kidney beans must be boiled for a minimum of ten minutes after soaking, before inclusion in any dish.

## Storage and Re-heating of Food

1. If food is to be frozen or not served immediately, cool it in a clean container as quickly as possible.
2. Thaw frozen food completely in the refrigerator before re-heating.
3. Re-heat food thoroughly and quickly either on the hotplate or in the fan oven, 170°C and then serve immediately.
4. Only re-heat food once.

# Temperature Comparison Scale

Gas Mark	Conventional Oven		Fan Oven
	°F	°C	°C
1/2	250	120	100
1	275	140	120
2	300	150	130
3	325	160	140
4	350	180	160
5	375	190	170
6	400	200	180
7	425	220	200
8	450	230	210
9	475	240	220

## The 'Slow' Setting

This is used for slow cooking, keeping food warm and warming plates for short periods. Extra care must be taken when warming bone china.

### Some advantages of slow cooking are:

The oven stays cleaner because there is less splashing.

Timing of food is not as critical, so there is less fear of overcooking. Inexpensive cuts of meat are tenderised.

Fully loading the oven can be very economical.

Cooking times can be extended in some cases by up to 2hrs. for late-comers.

The kitchen stays cooler.

Bearing in mind these advantages, it makes sense to cook larger quantities of food than required and store them in a freezer to be used cold or for re-heating. It is important to follow the guidelines given for preparing food using the 'Slow' setting.

## Top Oven/Grill Cookery Notes

**Warning** – Always remember to avoid turning the top oven control knob past 220°C when setting the oven temperature, otherwise the grill element will be switched on.

The Top Oven is fitted with fixed 'Credaclean' sides, a removable roof, and one rod shelf. It is heated by two elements – the grill element and an element under the floor of the oven – and has a fully variable temperature control like the main oven. To heat the oven, turn the control knob clockwise, selecting the required temperature as recommended in the Top Oven temperature chart. The pilot light will immediately come on and remain on until the oven reaches the required temperature. The light will then automatically go off and on during cooking as the oven thermostat maintains the correct temperature. If the oven pilot light does not come on when the control knob is turned, cancel the timer and return the cooker to manual operation, see page 11.

### Top Oven for Cooking

The Top Oven is used in exactly the same way as the Main Oven to cook all types of food. It can either be used alone, to cook small quantities of food, or in conjunction with the main oven to provide additional cooking space, so often necessary when entertaining. There are two cooking positions—the shelf placed directly on the floor of the oven, or runner 1 from the floor of the oven. To correctly position the rod shelf the side rods with "indents" must be uppermost and to the rear, this forms an arrest position in conjunction with the embossed side liners. The correct positioning of food is indicated in the temperature charts, of this booklet. These charts are a guide only giving approximate cooking temperatures and times. To suit personal taste and requirements, it may be necessary to increase or decrease temperatures by 10°C. Food must never be placed directly on the floor of the oven with out a shelf in position, and there should always be at least 25mm (1") between the top of the food and the grill element. **Most foods are cooked at a lower temperature in the smaller top oven than in a larger conventional main oven.** Always ensure a 7.5cm (3") gap is left at the front of the baking tray to ensure even cooking. Do not use utensils larger than 300mm (12") x 230mm (9"). Large utensils should be used in the main oven.

### Cooking Meat/Poultry in the Top Oven

The Top Oven is most useful for the longer, slower cooking required for cheaper cuts of meat – casserole cooking, pot roasting, braising etc.

Small joints of meat up to 1.5kg (3lbs) or poultry up to 2.5kg (6lbs) in weight can be roasted in a small meat pan in the Top Oven, but should preferably be 'slow roasted' or covered with a lid of aluminium foil (one or two incisions in the top of the foil will allow the meat or poultry to brown). Always ensure that there is at least 25mm (1") between the top of the foil and the grill element. Do not use the meat pan supplied for the main oven or the grill pan for roasting in the Top Oven. Larger joints of meat weighing more than 1.5kg (3lbs) or poultry weighing more than 2.5kg (6 lbs) should be roasted in the main oven.

# Top Oven/Grill Cookery Notes

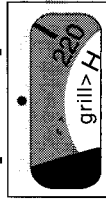
## Top Oven as a Hotcupboard

Plates and dishes placed on the floor of the top oven will be heated when the main oven is in use. When the main oven is not in use (for instance when a meal is being cooked on the hob) place the plates and serving dishes on the rod shelf using the bottom runner, and turn the top oven control to approximately 100°C (200°F). A maximum time of 10-12 minutes is all that is required to heat the plates and dishes.

**CAUTION:** Accessible parts may become hot when the grill is in use. Children should be kept away.

## GRILLING SHOULD NOT BE UNDERTAKEN WITH THE GRILL/ TOP OVEN DOOR CLOSED.

1. Open the grill/top oven door fully.
2. Position Rod shelf as recommended in chart for food being cooked.
3. The grill is operated by turning the top oven control knob fully clockwise until the word grill appears in the window, then turn knob anti-clockwise to required temperature setting.

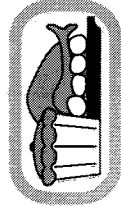
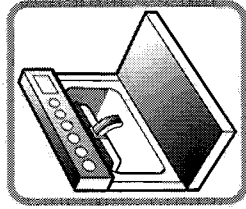


4. Preheat the grill for five minutes at the temperature recommended in chart for food being cooked.
5. When grilling thicker food, the wire grid should be turned over to its lowest setting.
6. Food which requires browning only should be placed under the hot grill, either in the grill pan or on the floor of the grill compartment, according to the depth of the dish. (The grill pan wire grid can be removed).
7. At the end of grilling always return the control to the off position. This resets the control allowing the use of the top oven or grill again.

## Grill Pan Handle

The grill pan handle is detachable from the pan to facilitate cleaning and storage. The handle can be either detachable from or fixed to the pan. For a fixed handle remove the screw and washers from the grill pan bracket, tilt the handle over the recess adjacent to the bracket, slide it towards the centre of the pan and let the handle locate over the bracket. Replace screw and washers and ensure that they are fully tightened up. For a detachable handle remove screw and washers from the grill pan and discard. Please note, if a fixed handle is required, grill pan is unable to be kept in the Main Oven with door closed. It may be stored in the Top Oven with door closed.

## Grilling



## To prepare meat and poultry for roasting in your fan oven.

- (a) Wipe the meat or poultry, dry well and weigh it. Meat which has been stored in a refrigerator should be allowed to come to room temperature before cooking, and frozen meat or poultry must be completely defrosted before placing in the oven.
- (b) The weight of any stuffing used should be added before calculating the cooking time.
- (c) Place meat/poultry in the main oven meat pan supplied with your cooker. Small joints weighing less than 1.75kg (31/21lbs) should be roasted in a smaller meat pan/tin - or they may be 'pot roasted' - a small joint in a large meat pan causes unnecessary oven splashing and evaporation of meat juices.
- (d) Additional fat should not be added, except for veal, very lean meat or poultry which can either be 'larded' with fat bacon or brushed **very sparingly** with cooking oil or melted fat.
- (e) Beef, lamb, mutton and poultry may be dusted lightly with seasoned flour to give a crisp outer surface. The skin of duck and goose should be pricked to release excess fat during cooking, and the rind of pork should be scored, brushed lightly with oil, and rubbed with salt, to give crisp crackling.
- (f) Meat and poultry wrapped in, or covered with a tent of aluminium foil will be juicy and tender. Roasting bags offer the same advantages. Always follow the manufacturers pack instructions, and remember to reduce the temperatures given for conventional ovens by approximately 25°C and the time by approximately 10 minutes per hour.
- (g) Potatoes for roasting only require to be brushed with cooking oil or melted fat.
- (h) It is not necessary to baste when roasting in an electric oven and stock or liquid should not be added to the meat pan since this only causes unnecessary soiling, steam and condensation.

## Frozen Meat and Poultry

Joints of meat and whole birds should be defrosted slowly, preferably in a domestic refrigerator (allowing 5 - 6 hours per 450g, 1lb), or at room temperature (allowing 2-3 hours per 450g, 1lb). If however, it is found necessary to accelerate this process, frozen food can be defrosted in the fan oven at a temperature of 70°C/80°C (150/175°F). A 1.5kg (3lb) oven ready frozen chicken, placed in the meat pan, will defrost in approximately 1 1/2 - 1 3/4 hours.

The breast should be covered with foil, held in position by skewers or string, and the giblets removed after defrosting but before cooking. **THIS METHOD OF DEFROSTING IS ONLY RECOMMENDED FOR MEAT/POULTRY UP TO 2kg (4lb) IN WEIGHT, AND IT IS ESSENTIAL TO COOK IT THOROUGHLY, IMMEDIATELY AFTERWARDS.**

Fig. A

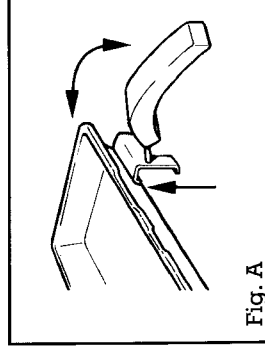


Fig. B

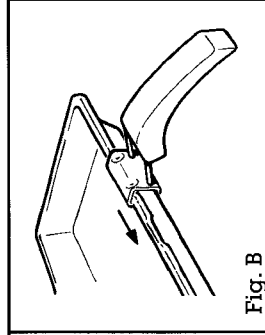
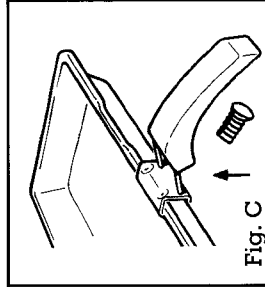
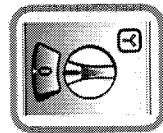


Fig. C



# Main Oven Cookery Notes

# Main Oven Cookery Notes



The oven is fitted with 'Credaclean' liners, two rod shelves and a meat pan. Remove the meat pan if it is not being used.

To heat the oven, turn the control knob clockwise, selecting the required temperature 80°C (150°F) and 230°C (450°F) as recommended in the temperature chart. The pilot light will immediately come on and remain on until the oven reaches the required temperature. This light will then automatically go off and on during cooking as the oven thermostat maintains the correct temperature.

It should be noted that at the end of a cooking period there may be a momentary puff of steam when the oven door is opened. This will disperse in a few seconds and is a perfectly normal characteristic of an oven with a good door seal.

Since a Circulaire fan oven heats up more quickly, and generally cooks food at a lower temperature than a conventional oven, pre-heating the oven is often unnecessary. However food such as bread, scones, Yorkshire pudding, do benefit from being placed in a pre-heated oven.

The charts in this booklet are a guide only, giving approximate cooking temperatures and times. To suit personal taste and requirements, it may be necessary to increase or decrease temperatures by 10°C.

Unless otherwise indicated in the charts, food is placed in a cold oven, i.e. without pre-heating. If food is placed in an already hot oven, the suggested cooking time should be reduced, depending on the type and quantity of food being cooked.

Since the distribution of heat in the circulaire ovens is very even, most foods will cook satisfactorily on any shelf position, but the shelves should be evenly spaced. Do not fit shelves upside down. The Top Oven rod shelf can be used in the Main Oven when cooking large quantities of food. Additional shelves can be purchased through your oven supplier or Creda spares. Never use more than 3 shelves in the oven as air circulation will be seriously restricted. To ensure oven circulation do not use meat pans larger than 390 x 300mm (15" x 12") and baking trays no larger than 330 x 255mm (13" x 10"), these should be positioned centrally on the oven shelf. Food should not be placed directly on the floor of the oven. To avoid unnecessary cleaning, rod shelves which are not in use should be removed from the oven.

When three shelves are used to cook large quantities of food for home freezing or parties, it may be necessary to increase the cooking times given in the charts on pages 17 and 18 by a few minutes, to allow for the loss of heat due to the extra time taken to load the oven, and the larger mass of food. Baking trays should allow an equal gap at either side of the oven.

**N.B.** Recipes in cookery books give times and temperatures for cooking in ordinary ovens. The introduction of improved thermal insulation on Circulaire fan ovens makes it possible, in most cases, to reduce (a) the recommended temperature by 25°C (45°F) and (b) the recommended time by approximately 10 minutes per hour.

# Grill Chart

Food	Preheat for 5 mins.	Shelf Position from Base of Oven	Approx. Cooking Time
Toasting of Bread Products	220°C	2	3-10 mins. depending on type of food
Small cuts of meat, sausages, bacon, etc.	150°C	2	15-20 mins.
Chops, etc	150°C	1	20-25 mins.
Fish whole Fillets	150°C	1 2	Cook on base of pan 15-20 mins.
Pre-cooked potato products	200°C	2	10-20 mins.
Pizzas	150°C	1	Preheat pan first 8-12 mins.
Browning of food	220°C	1	5-7 mins.

The temperatures below relate to heat settings recommended on food packs.

High = 220°C  
 Medium High = 200°C  
 Medium = 170°C  
 Medium Low = 150°C  
 Low = 130°C  
 Very Gentle = 100°C

**NEVER LINE THE GRILL PAN WITH ALUMINIUM FOIL.**

## Oven Positions

## Temperature and Time

# Oven Temperature Charts - Baking

Food	Top Oven Cooking		Fan Oven Cooking	
	Pre-heat Temperature °C	Time in mins.	Position In Oven	Pre-heat Temperature °C
Scones	200	10-15	Runner 1 from bottom of oven	210/220
Small Cakes	180	15-20	Runner 1 from bottom of oven	170/180
Victoria Sandwich	170/180	20-30	Shell placed directly on floor of oven	160/170
Sponge Sandwich	180/190	15	Runner 1 from bottom of oven	170/190
Swiss Roll	190/200	9-12	Runner 1 from bottom of oven	180/200
Semi-rich Fruit cakes	150/170	60-90	Shell placed directly on floor of oven	140/150
Rich Fruit Cakes	150	120-135	Shell placed directly on floor of oven	130/140
Shortcrust Pastry	190/200	Depending on use	Shell placed directly on floor of oven	190/200
Puff Pastry	200/220	Depending on use	Runner 1 from bottom of oven	190/200
Yorkshire Pudding	190/200	40-45	Runner 1 from bottom of oven	180/190
Individual Yorkshire Puddings	200/210	40-45	Runner 1 from bottom of oven	190/200
Milk Pudding	140	105-135	Shell placed directly on floor of oven	130/140
Baked Custard	150	45-50	Runner 1 from bottom of oven	140/150
Bread	200/210	25-30	Shell placed directly on floor of oven	200/210
Meringues	100	150-180	Runner 1 from bottom of oven	70-90

**Note:** If soft tub margarine is used for cake making, we would recommend using the all in one method and to reduce the temperature by 10°C. Temperatures recommended in this chart refer to cakes made with block margarine or butter only.

# Oven Temperature Charts - Meat

Top Oven Cooking				Fan Oven Cooking			
Meat	Pre-heat Temperature °C	Time (approx.)	Position In Oven	Meat	Pre-heat Temperature °C	Time (approx.)	Position In Oven
Beef/Lamb (foil covered)	190/200	35-40 mins per 450g (1lb)		Lamb	160/180	25 mins per 450g (1lb) + 25 mins extra	
Pork (slow roasting)	170/180	40 mins per 450g (1lb) + 40 mins over		Pork	160/180	25 mins per 450g (1lb) + 25 mins extra	
Pork (foil covered)	190/200	40 mins per 450g (1lb)					
Veal (slow roasting)	170/180	40-45 mins per 450g (1lb) + 40 mins over	Shell placed directly on floor of oven.	Veal	160/170	25-30 mins per 450g (1lb) + 25 mins extra	
Veal (foil covered)	190/200	40-45 mins per 450g (1lb)					
Poultry/Game (slow roasting)	170/180	25-30 mins per 450g (1lb) + 25 mins over		Chicken/Turkey	160/180	18-20 mins per 450g (1lb) + 20 mins extra	
Poultry/Game (foil covered)	190/200	25-30 mins per 450g (1lb)		Turkey	150/160	13-15 mins per 450g (1lb) e.g. 5kg (1lb) = 143-165 mins	
Casseroles	150	2-2 1/2 hrs		over 5.5kg (12lb) up to 5.5kg (12lb)	150	12 mins per 450g (1lb) e.g. 10kg (22lb) = 264 mins	
	Yes			Casseroles Stews	No	140-150	1 1/2 - 2 Hrs

The most accurate method of testing the readiness of joints of meat or whole poultry is to insert a meat thermometer into the thickest part of a joint, or the thickest part of poultry thighs, during the cooking period. The meat thermometer will indicate when the required internal temp has been reached.

**If using aluminium foil, never:** 1. Allow foil to touch sides of oven. 2. Cover oven interior with foil. 3. Cover shelves with foil.

Beef - Rare: 60°C Medium: 70°C Well Done: 75°C  
Lamb: 80°C Pork: 90°C Veal: 75°C  
Poultry: 90°C